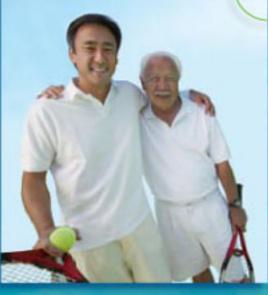


wellness report





A lifetime of health & wellness

you have made the wellness choice!



Chiropractic — a philosophy, art and science of natural healing

- The most popular, fastest growing healthcare system in the world
- Promotes a healthy, drug-free lifestyle
- Offers you a real alternative to drugs and surgery
- Works with your natural healing ability

who goes to the chiropractor?

Millions of people.

 Children, pregnant women, infants, blue collar workers, athletes, office workers, students, families, the elderly.
 You.

 People that have health problems and want to enhance their natural healing ability.

People that want higher
 resistance to disease,
 better sports performance,
 more energy, emotional
 well-being, greater relaxation
 and improved quality
 of life

glossary

Adjustment: the art of correcting your subluvation(s).

Atlas: the top spinal bone (vertebra), it holds up the globe of your head just as the ancient god Atlas held up the earth.

Chiropractic: literally "done by the hand"; a healthcare system devoted to the analysis and correction of subluxations.

Coccyx: the human tailbone; it plays an important role in the health of your brain, nervous system and spine.

Disc: a pad of cartilage between two spinal bones that helps you move, strengthens your spine, adds to your height and gives your spine its curves.

Dis-ease: when a body functions at less than 100%. When you are dis-eased you are fertile ground for disease. Subluxations cause dis-ease, that's why it's so important to get them adjusted (or corrected).

Health: when your energy is flowing without interference and all your parts are in the right places working as they should. You feel great and are functioning at your optimum.

Occiput: the bone in your head that sits on top of your atlas; your spinal cord passes through it to continue from your brain down your spine.

Retracing: part of the healing process; old symptoms sometimes come to the surface in order for you to completely heal. You may temporarily experience old pains or old memories.

Sacroiliac: the joint where your sacrum connects to your hip (flum).

Scoliosis: sideways curve of the spine.

Spinal column: the stack of vertebrae that runs from the top of your neck to the bottom of your coccyc; also known as the vertebral column or "back bone."

Spinal cord: an extension of your brain that goes down your back through your spinal column.

Subluxation: a distortion in your structural system that interferes with your health.

Vertebra: a bone of your spine.

Wellness core: regular chiropractic care to keep you functioning at your peak.

what chiropractors do:

- Analyze your body for subluxations (nerve stress) distortions that affect your brain, spinal cord, internal organs and overall health
- Give you an adjustment

what subluxations do:

- · Cause dis-ease and pain and accelerate aging
- Affect internal organs, glands, muscles, joints and discs
- Stress your brain and meninges (brain and spinal cord coverings)
- Decrease height, drain energy and lower resistance to disease

what adjustments do:

- Remove or reduce subluxations (nerve stress)
- Improve the connection between your inner healing ability, nervous system and body
- Enhance energy, resistance to disease and physical and emotional well-being

your personal assessment

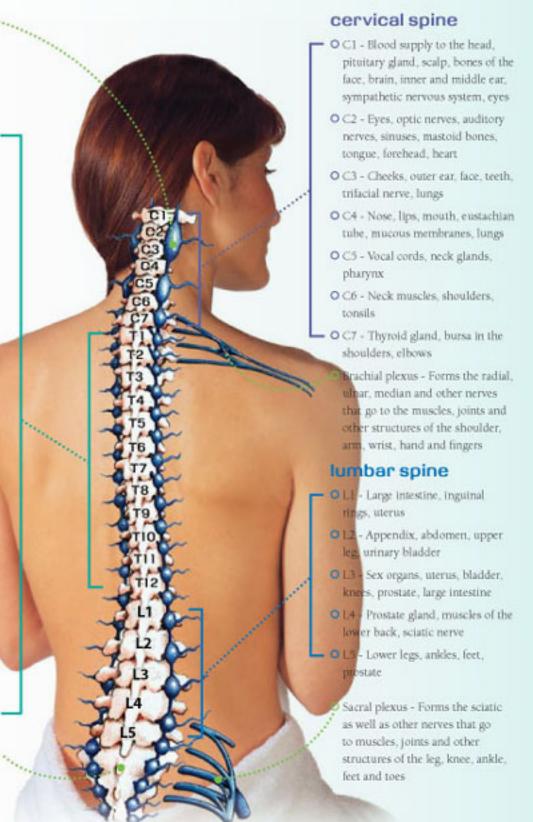
Where you are now. Regions of subluxations	-		
Postural distortions			
Phases of degeneration and locations			
healthy spine phase 1	phase 2	phase 3	phase 4
	Assumed height _	Measured	height
Level of care you are in	 Initial intensive 	care phase	date
	 Corrective or he 	ealing phase	date
	 Health optimiza 	tion/wellness phase	
Where do you want to			
Where do you want to What aspects of wellness do you want for yourself?			O Freedom from pa
What aspects of wellness	O go? O More energy O Better concentration O improved digestion O Easier breathing, deeper breaths O Deeper relaxation O More balanced posture	Better sleep Enhanced emotional well-being Improved strength and endurance Better sports performance,	O Freedom from pa O Reduce/eliminate medication use O Greater resistance to disease O Overall health
What aspects of wellness do you want for yourself?	O go? O More energy O Better concentration O improved digestion O Easier breathing, deeper breaths O Deeper relaxation O More balanced posture	Better sleep Enhanced emotional well-being Improved strength and endurance Better sports performance,	O Freedom from pa O Reduce/eliminate medication use O Greater resistance to disease O Overall health

where are my subluxations?

Sympathetic chain - To eyes, ears and ----other sense organs; glands and blood
vessels of the brain; immune response;
bone growth; fat metabolism; reaction
to stress; brain function

thoracic spine

- T1 Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- T2 Heart, including its valves and covering; coronary arteries; lungs; brotchial tubes
- T3 Lungs, bronchial tubes, pleura, chest, breast, heart
- T4 Gallbladder, common duct, heart, lungs, bronchial tubes
- T5 Liver, solar plexus, circulation (general), heart, esophagus, stomach
- T6 Stomach, esophagus, peritoneum, duodenum
- T7 Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- T8 Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- T9 Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
- T10 Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- T11 Kidneys, ureters, large intestine urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- T12 Small intestine, lymph circulation, large intestine, urinary, bladder, uterus, kidneys, ileocecal valve
- Sacrum Buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate.
- O Coccyx Rectum, anus



you should see your chiropractor:

- When you're ill or in pain because chiropractic optimizes your body's natural healing ability
- When you're pregnant for a more comfortable pregnancy, labor and delivery so childbirth will be as natural as possible
- When you've been in an accident of any kind no matter how minor
- When you're competing in sports Olympic and professional athletes perform better when under chiropractic care; you (and your children) will too
- When you're a baby learning to crawl and walk means falling sometimes too (tell your parents to bring you)
- When you're a student chiropractic helps you concentrate better
- When you're under stress chiropractic is great for relaxation
- Why wait until you have a problem? If you want to stay healthy, get your spine checked today!

you can speed your progress by:

- Keeping your appointments
- Following our recommendations
- Eating well, drinking water, getting enough rest, connecting with others and listening to your heart.
 Your health reflects all of your lifestyle choices.
- Asking us any questions you have about your progress or your condition. Good health requires clear communication!

we are here to help.

